

North Eastern Counties Athletics Association  
Mens 10,000M Track Championship 2016  
Wednesday 27th April 2016  
Monkton Stadium

	<b>Athlete</b>	<b>Club</b>	<b>Time</b>	
1	Peter Newton	Morpeth Harriers	29:54.3	(Gold Medalist)
2	Finn Brodie	Tyne Bridge Harriers	32:54.8	(Silver Medalist)
3	Lee Bennet	Elswick Harriers	33:07.1	(Bronze Medalist)
4	Alex Brown	Houghton Harriers	33:23.5	
5	Lee James Dover	Houghton Harriers	34:30.1	
6	Jake Jansen	Sunderland Harriers	34:44.3	
7	Jake Masterman	Morpeth Harriers	34:54.2	
8	John Surtees	Aycliffe Running Club	34:59.6	
9	David Best	Blackhill Bounders	35:21.3	
10	Rory Graham	Houghton Harriers	37:34.0	
11	Colin Hodgson	Blackhill Bounders	39:14.7	
12	Paul Routledge	Tyne Bridge Harriers	39:38.2	
13	John Lowes	Elswick Harriers	40:07.5	
14	Scott Brady	Elswick Harriers	40:30.3	
15	Ian Hutchinson	Derwent Valley Trail Runners	41:22.2	

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1	Emma Holt	Morpeth Harriers	36:09.9	(Gold Medalist)
2	Angela McGurk	Jarrow & Hebburn	39:55.0	(Silver Medalist)
3	Mary Lisle	Elswick Harriers	43:25.1	(Bronze Medalist)
4	Catherine Lee	Elswick Harriers	44:21.5	
5	Charlotte Carpenter	Tyne Bridge Harriers	45:09.0	
6	Stephanie Young	Birtley AC	47:11.7	